# **Embrace** Operating Instructions

All instructions assume that the user is seated on the chair.

### 1/ SEAT HEIGHT
Lift right-hand rear lever. Use body weight to raise or lower the seat (sit on seat to move down, take weight off to move up). The seat will lock at the height the lever is released.

### 2/ BACK HEIGHT
Place hand below back and slowly lift to desired height using 6-point ratchet system. When the highest point is reached the back will drop to the starting position.

### 3/ TENSION CONTROL
The strength of the Syncro action can be adjusted to the users weight by turning the pull out lever located on the right hand side under the seat. Turn clockwise to increase and anti clockwise to decrease.

### 4/ SYNCHRONOUS ACTION
Lift left-hand rear lever to release action and lean against back to start action. Lean backwards or forwards to achieve desired position and push lever down to lock.
The chair can be left unlocked for a free-float action.

### 5/ FOLDING ADJUSTABLE ARMS
Press button on side of arm to raise or lower arm, release the button to lock.
To fold arms away, press button at the base of the arm and push arms backwards.

### 6/ SEAT SLIDE
Lift front lever located on the left under the seat and use weight to move seat forward. There should up to 3 fingers gap between the front of the seat and behind your knees when sat all the way back in the chair.

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**Broadstock Office Furniture Ltd.** Brunel Road, Lyme Green Business Park, Macclesfield, SK11 0TA. **T** 01625 431979 **F** 01625 511136 **E** enquire@broadstock.co.uk **W** www.broadstock.co.uk